



Peacock Press

Naval Postgraduate School

JANUARY/FEBRUARY 2006



VALENTINE'S DAY DINNER

Tuesday, 14 February 2006
El Prado Dining Room
1700-2100



MENU



Chilled Boston Lettuce Hearts
and Arugulla Greens, Topped with
Merlot Poached Pears
and Danish Blue Cheese served with
Champagne Vinaigrette
\$3.50

MAIN COURSE

Smoked and Slow Roasted Black Angus
Prime Rib served with Au Jus
and Horseradish
\$15.95

Charbroiled Swordfish Steak
served with Tarragon Beurre Blanc Sauce
\$14.95

Grilled Portabella Mushrooms and
Leeks Cakes topped with
Oven Roasted Tomato Ragu
\$9.95

Entrees are served with Whipped Yukon Potatoes
Sauteed Asparagus and Baked Beets.

DESSERT

Chocolate Bomb
\$5.50

For reservations, please call 656-2170.



Join MWR
Sunday, 5 February 2006
in the Trident Room
and
El Prado Dining Room
for the
SUPER BOWL XL

Enjoy the fun with food,
games and prizes.

Doors open at 1430
Kick Off at 1530

Don't miss out on this year's
SUPER BOWL PARTY!

*For more information,
call 656-7955.*

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Richard H. Wells USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations Support

Megan Ryan
Quality of Life Director

Darlene Raish
Leisure Services Manager

Dan Tracy
Golf Course/RV Campground
Acting Manager

Maria Kraycirik
Child Development Program Director
(Acting)

Steve Duran
Youth Program Director

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in
area code (831)



TRANSITION AND FAMILY EMPLOYMENT ASSISTANCE

Resume Writing - Jan 10, 1-3 pm, FFSC, Bldg 3 Conference Room.

Interviewing Skills - Jan 17, 1-3 PM, FFSC, Bldg 3 Conference Room.

Job Search Strategies - Jan 19, 1-3 pm, FFSC, Bldg 3, Conference Room.

Federal Employment System - Jan 24, 1-3 pm, FFSC, Bldg 3, Conference Room.

Electronic Job Banks - Mon-Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

Resume and Federal Application Review - No appointment is necessary. Available at FFSC, Bldg 1

Family Employment Readiness Program - Mon-Fri, by appointment, FFSC, Bldg 1.

Volunteer Program - Volunteer opportunities are

available at FFSC.

FINANCIAL

Uniform Services TSP Overview (new changes) - Jan 9 & 23 12-1:30 pm, FFSC, Bldg 3, Conference Room.

Car Buying Strategies (Pay less \$) - Jan 26, 1:30-3 pm FFSC, Bldg 3, Conference Room.

Individual Financial Counseling: Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 3 grades every Wednesday from 1:15-2:15 pm, at La Mesa Activity Center.

Advanced Chess Club Class: 4th grade and above - every Wednesday from 2:25-3:25 pm, La Mesa Activity Center.

Toddler Group: Every Friday 10-11:15 am, La Mesa Activity Center.

Individuals, Couples & Family Counseling: Mon-Tues, Thurs, Fri: 8:30 am - 4:30 pm, FFSC (2nd floor); Wed: 10 am-4:30 pm, FFSC (2nd floor)

Life Skills Education: Anger Management - Feb 14 - 4-5:30 pm, FFSC, Bldg 3.

RELOCATION, INFORMATION & REFERRAL

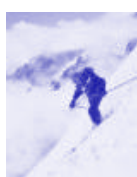
Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1

For full description of FFSC workshops, visit us at
<http://www.nps.edu/ffsc/index.html>, or call 656-3060.

Liberty Single Sailors

UPCOMING EVENTS

BEQ COOKOUT: Wednesday, 4 January 2006 at 1730.
Just bring your appetites!!!



SKI TRIP TO LAKE TAHOE: Friday, 27 - Sunday, 29 January 2006. Cost: \$25.00 (single enlisted sailors E-6 and below), \$149.00 (guest and all other military). Price includes: Equipment, transportation, lodging (double occupancy) and lift tickets. Sign up at the ITT Office by Friday, 20 January 2006. SPACE IS LIMITED.

BEQ COOKOUT: Wednesday, 1 February 2006 at 1730. Just bring your appetite and enjoy!



SKI TRIP AND SNOWMOBILING AT LAKE TAHOE "Presidents' Day Weekend": February 17-20, 2006. Cost: \$30.00 (single enlisted sailors, E-6 and below), \$249.00 (guest and all other military). Price includes: Equipment, transportation, lodging (double occupancy) and lift tickets. Sign up at the ITT Office by Friday, February 10, 2006. SPACE IS LIMITED.

For more information, call Rachel at 656-7955.

Community Activities



CHILI COOK-OFF

Wednesday, 18 January 2006
Trident Room
1700-1745



Come and be the judge as the Chefs of NPS battle it out with a Chili Cook-Off!!!

Live Entertainment will be provided by
Eli Williams and band
"The Old School Rock"



LIVE ENTERTAINMENT

Wednesday, 22 February 2006
Trident Room at 1700

Join us for some good tunes and good times!
Invite your friends and enjoy!

*For information, call Rachel at 656-7955 or
E-mail rssierpi@nps.edu.*



Outdoor Recreation

Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com

LAKE TAHOE SKI TRIPS

All active duty regular weekend ski trips are priced at \$149.00 (includes transportation, 2 days of lifts and lodging at double occupancy). Trips leave on Friday and return on Sunday. One day group and holiday packages are available as well. Most trips include transportation, ski equipment, lift tickets and lodging (where applicable).

ADVENTURE SPORTS	DATE	COST
Pinnacles Rock Climb	Jan 7, 2006	\$50.00
Kayak and Snorkel	Jan 21, 2006	\$40.00
Mountain Biking at Fort Ord	Jan 21, 2006	\$20.00
Winter Snow Camping Trip	Jan 27-29, 2006	\$149.00
Surf Class	Feb 4, 2006	\$40.00
Hike to Syke's Hot Springs	Feb 11-12, 2006	\$30.00
Kayak and Snorkel	Feb 24, 2005	\$40.00

POM LODGING

Have your out of town guests stay at Army Lodging! All are welcome to make reservations one year in advance, through the end of the current fiscal year. Military members traveling on official orders have priority. The Lodging Office offers continental breakfast with a scenic view of Monterey Bay.

To make reservations or for more information call POM Lodging at (831) 645-1199 or visit us on the web at www.pomlodging.com

PRESIDIO OF MONTEREY VETERINARY TREATMENT FACILITY

Bldg. 4380 on Ord Military Community
Open Monday-Friday
8:00 am-12:00 noon and 1:30-3:00 pm
Tel: 242-7718

The Presidio of Monterey Veterinary Treatment Facility offers vaccinations, an out-patient clinic, heart worm testing, microchip identification, health certificates, pet registration and over-the-counter sales.


For emergencies, please contact your local Veterinarian.

GENERAL STILLWELL COMMUNITY CENTER BINGO

Play Bingo at the General Stillwell Community Center, Bldg 4260 on the Ord Military Community every Tuesday and Thursday starting at 6:00 pm. The minimum buy-in is \$20.00 and the total jackpot payout is \$8,000.00 per session.

For more information call (831) 242-7801.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Holiday</i> <i>Happy New Year</i> Monday 9, 23, & 30 Dinner Special Trident Room 1600-2100 SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50	3 Every Tuesday Dinner Special Trident Room 1600-2100 "Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95	4 MARCH OF THE PENGUINS (G) 1800 FAMILY NIGHT Dinner Special Trident Room 1600-2100 BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$4.95	5 Every Thursday Dinner Special Trident Room 1600-2100 CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25	6 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS
9 THE CAVE (PG) 1800 Dinner Special SEAFOOD CIOPPINO	10 Dinner Special "Moist & Tender" PRIME RIB	11 CHARLIE AND THE CHOCOLATE FACTORY (PG) 1800 Dinner Special BRAISED BEEF SHORT RIBS	12 Dinner Special CHICKEN FAJITAS	13 CAFÉ DEL MONTE HOURS MON-THURS 0630-1600 FRI 0630-1430 BREAKFAST 0630-0830 LUNCH 1045-1400
16 <i>Holiday</i>  <i>Martin Luther King Jr. Day</i>	17 Dinner Special "Moist & Tender" PRIME RIB	18 SKY HIGH (PG) 1800 Dinner Special BRAISED BEEF SHORT RIBS	19 Dinner Special CHICKEN FAJITAS	20 EL PRADO DINING ROOM SERVES DAILY LUNCH SPECIALS
23 EXORCISM OF EMILY ROSE (PG 13) 1800 Dinner Special SEAFOOD CIOPPINO	24 Dinner Special "Moist & Tender" PRIME RIB	25 VALIANT (G) 1800 Dinner Special BRAISED BEEF SHORT RIBS	26 Dinner Special CHICKEN FAJITAS	27 TRIDENT ROOM TGIF APPETIZERS OFFERED EVERY FRIDAY AT 1600
30 DUKES OF HAZZARD (PG 13) 1800 Dinner Special SEAFOOD CIOPPINO	31 Dinner Special "Moist & Tender" PRIME RIB	MWR FOCUS GROUPS Interested in participating in one of our MWR focus groups? To be included, please call Mary Fernandez at 656-2502 or e-mail us at mfernand@nps.edu. Individuals will be contacted when focus groups are scheduled.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monday 6, 13 & 27 Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>Tuesday 7, 21 & 28 Dinner Special Trident Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p>	<p>1 KICKING AND SCREAMING (PG) 1800</p> <p>FAMILY NIGHT Dinner Special Trident Room 1600-2100</p> <p>BRAISED BEEF SHORT RIBS Adults \$9.00 Kids 5-10 \$4.95</p>	<p>2</p> <p>Every Thursday Dinner Special Trident Room 1600-2100</p> <p>CHICKEN FAJITAS Adults \$8.50 Kids 5-10 \$4.25</p>	<p>3</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MONDAY-FRIDAY 5:30 AM-9:00 PM SATURDAYS 8:00 AM-4:00 PM SUNDAYS 11:00 AM-4:00 PM CLOSED ALL FEDERAL HOLIDAYS</p>
<p>6</p> <p>THE SKELETON KEY (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>7</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>8</p> <p>ICE AGE (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>9</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>10</p> <p>MONTEREY NAVY FLYING CLUB OFFERS EXCELLENT OPPORTUNITIES FOR AIRCRAFT RENTALS, RECREATIONAL FLYING AND PROFESSIONAL FLIGHT TRAINING. INFO, CALL 372-7033</p>
<p>13</p> <p>THE BROTHERS GRIM (R) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>14</p> <p>Special VALENTINE'S DINNER 1700-2100</p> <p>El Prado Dining Room</p> <p>For reservations Call 656-2170</p>	<p>15</p> <p>SINBAD: LEGEND OF THE SEVEN SEAS (PG) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>16</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>17</p> <p>BLUEWATER COVE MARINA UNDER THE MANAGEMENT OF MONTEREY SAILING OFFERS DISCOUNTED INSTRUCTION AND CHARTER RATES FOR NPSSA MEMBERS. CALL: 656-3818</p>
<p>20</p> <p><i>Holiday</i></p>  <p><i>President's Day</i></p>	<p>21</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>22</p> <p>STEALTH (PG 13) 1800</p> <p>Dinner Special BRAISED BEEF SHORT RIBS</p>	<p>23</p> <p>Dinner Special CHICKEN FAJITAS</p>	<p>24</p> <p>THE TECH CONNECTION/TEEN & YOUTH CENTER OFFERS BOYS AND GIRLS CLUB OF AMERICA PROGRAMS. FOR MORE INFO, CALL 656-2127.</p>
<p>27</p> <p>RED EYE (PG 13) 1800</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>28</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>ITT OFFERS DISCOUNTED TICKETS & TOURS. OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS AND FEDERAL HOLIDAYS</p>	<p>MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL</p> <p>CHICKEN GUMBO WITH RICE \$5.75 CALL 656-2167</p>	<p>THE CHILD DEVELOPMENT CENTER IS OPEN TO ACTIVE DUTY MILITARY, RESERVISTS IN ACTIVE DUTY STATUS & DOD CIVILIANS. CALL 656-2734</p>



Located in
HERRMANN HALL
near the
QUARTERDECK

Open
Monday-Friday
9:30 a.m. - 1:30 p.m.
2:30 - 4:30 p.m.

Closed Weekends
and
Federal Holidays

JANUARY	UPCOMING ITT TOURS	PRICE
14	Gamblers Delight-Chukchansi	\$30.00
21	San Francisco Get Acquainted	\$30.00
28	Winchester Mystery House	\$37.00
FEBRUARY		
4	San Jose Sharks vs. Anaheim Ducks	\$48.00
11	Lion King Best of Broadway	\$65.00
25	Horn Blower Brunch Cruise	\$85.00

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$16.00 for adults and \$13.00 for children 2-11 years. Prices for fishing start at \$52.00 per person. Gear and license are extra.



Universal Studios
Buy-A-Day
Get-A-Year free!

After entering the park with the ticket you purchased from ITT, exchange it at the season pass office for your 1 year free pass while supply lasts!

New Ride
"Revenge of the Mummy" roller coaster

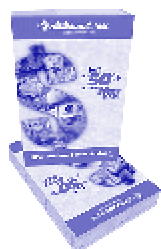
New attractions
"Van Helsing's Fortress of Dracula" and
Fear Factor, live!"



LEGOLAND SPECIAL

"Buy 1 day
get the
second day free"

Ticket price is \$30.50



2006 ENTERTAINMENT BOOKS

The sooner you buy the sooner you'll start saving; so don't wait to get coupons to use at local restaurants, attractions, and more!

The 2006 Entertainment Books sell for \$25.00. Get them while they're hot!



SKI SEASON IS HERE!

Before you plan your ski vacation, check with ITT for discounted Ski Lift Tickets. Alpine Meadows \$40.00; Heavenly weekday \$57.00; weekend \$60.00. Mt. Rose \$36.00; Squaw Valley \$55.00.

Lodging available with Best Western Truckee Tahoe. \$79.00 per night on weekdays and \$129.00 on weekends.

VALENTINE SWEETHEART DEALS



Get your sweetheart a lb of See's Candies with a gift certificate for \$11.00 or one of our special Valentine's day boxed chocolates for only \$4.00.



How about a romantic brunch, or dinner cruise with Horn Blower Bay Cruises in San Francisco. Friday, Saturday and Sunday packages available.

For more information, call 656-3223.

The Information Tickets and Tours Office
will be closed Monday, 16 January 2006
in observance of
Martin Luther King Jr. Day
and Monday, 20 February 2006
in observance of President's Day.

SPORTS

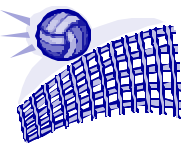


WINTER BASKETBALL LEAGUE

League begins January 11, 2006.
Games played: Every Mon, Wed & Thurs 1810, 1910 & 2010. Sign up by Jan 6, 2006.

WINTER VOLLEYBALL LEAGUE

League begins January 9, 2006.
Games played: Every Tues
1800, 1900 & 2000
Sign up by Jan 6, 2006.



For more information, contact Sue Robinson at 656-2497.



RAQUETBALL POOL TOURNAMENT

February 6-9, 2006 - 1700-2100
Monterey Bay Athletic Club
Sign up by February 1, 2006

Come join the fun! It is a round robin pool tournament. Categories are A, B, C & D depending on how many people are participating. Let us know what level you are. Fee: \$10.00 per player. Awards: First and second place will receive gift certificates to Club Del Monte.

For more information, call Sue at 656-2497 or 656-3118.



THERAPEUTIC MASSAGE

(Male or Female therapist now available)
Help improve performance, decrease pain
and promote relaxation!

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

"Gift Certificates are available"

For appointments, please call 656-3118.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
0630	PT READY CIRCUIT TRAINING		PT READY GROUP RUN		CARDIO KICK
1000		YOGA		YOGA	
1100	MUSCULAR POWER FLEX		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX
1200	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
1630		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX	
1730	SPIN	STEP	SPIN	STEP	
1830		CAPOEIRA		CAPOEIRA	



NEW YEAR'S RESOLUTION WEIGHT LOSS & STRENGTH TRAINING PROGRAM

January 5-March 2, 2006 1100-1200 every Thursday
Cost: \$25.00 military, family members/retired
\$35.00 DOD/civilian

Fine tune or learn exactly how to workout (Cardiovascular & weight training). This is a nine week bootcamp type training class (lecture only). A Registered Dietitian will speak on two occasions on nutrition and assess your diet. Cardiovascular exercise and weight training will also be included. Body fat measurements will be taken, at the beginning and at the end of the nine weeks. If you lose an agreed amount of body fat, you will get half the entry fee back. "Take the challenge even if you do not have time to attend the class".

FITNESS EDUCATIONAL CLASSES

Every Thursday 1100 - 1200
Free to members

January 19, 2006: Cardiovascular Training
January 26, 2006: Strength Training Guidelines
February 2, 2006: Nutritional Guidelines
February 9, 2006: Cardiovascular Techniques
February 16, 2006: Strength Training Biomechanics
February 23, 2006: Nutritional Strategies
March 2, 2006: Comprehensive Fitness Training

EXERCISE ACROSS THE USA

March 6-May 8, 2006

Witness yourself travel great distances from San Francisco to New York, as you visit the cities of different parts of the USA by earning miles performing any type of exercise, anywhere that you like; walking distance, running, biking, swimming, etc... you choose (inside or outside the fitness center).

Cost: Free to members (specially designed t-shirts may be awarded with minimum of twelve people to sign up for \$10.00).

Computerized Physical Assessments (small or large)

The small assessment consists of a body fat measurement, VO2 sub-max test, strength & flexibility test. A large 25 page assessment consists of a health risk questionnaire (heart, cancer & diabetes), nutrition assessment/meal planner, body fat measurement, VO2 sub-max test (cardiovascular), strength, flexibility test, strength prescription and a cardiovascular workout plan. All tests and prescriptions are administered by a certified Fitness Specialist/trainer.

Contact the Fitness Center at 656-3118 for details.

**The Monterey Bay Athletic Club
will be closed Monday, 16 January 2006
in observance of
Martin Luther King Jr. Day
and Monday, 20 February 2006
in observance of President's Day.**



CHILD DEVELOPMENT CENTER

"CDC is the place to be!"

2 La Mesa Way, Building 439



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

We also offer a
**Life Skills Readiness Part Day
Preschool Program &
Jellyfish Drop In Program**



READING ALOUD TO YOUR CHILDREN

Set aside a special time each day to read aloud to your children. Fifteen minutes a day is an ideal time. Vary your selections. For very young children, look for picture books with artwork and stories that are simple, clear and colorful. Read slowly and with expression. The more you ham it up, the more your children will love it. Try substituting your child's name for a character in the story. Have your children sit where they can see the book clearly, especially if it is a picture book. Allow time for your children to settle into the story, as well as time afterwards to talk about it. As you read aloud, encourage your children to get in on the act. Invite them to describe the pictures, read bits of text, or predict what will happen next. It is even fun to dramatize the roles in the story or read lines of dialogue. Children like a sense of completion, so finish what you begin. If the book is lengthy, find an appropriate stopping point, such as the end of a chapter. Continue to read aloud to your children even after they begin school and are independent readers. There is no age limit to reading to your children. Teenagers may enjoy reading aloud to a younger sibling. They often like to revisit some of their favorites.



The Child Development Home program offers **Navy certified care by military family members in their homes.**

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs through the Boys and Girls Club of America.



JAZZERCISE FOR ADULTS

Classes are held every
Tuesday and Thursday
9:30-1030 am

Cost \$35.00 per month



DANCE LESSONS

*For military & DOD civilian families
Tuesdays & Thursdays*



Tuesdays

Tot Ballet	3 year old	2:45-3:30
Pre-Ballet	5 year old	3:30-4:15
Ballet 1	6-8 year old	4:15-5:00

Thursdays

Creative Ballet	4 year old	2:45-3:30
Pre-Ballet	5 year old	3:30-4:15
Ballet 1	6-8 year old	4:15-5:00

Cost: \$38.00 per month
Instructor: Sherri Beck
from the Carmel Ballet Academy

To register, please call 656-2127.

*For more information, please call
Carmel Ballet Academy at 624-3729.*



SPRING DAY CAMP

*March 13-24, 2006
Fee based on total family income*

Sign ups for previous school age and CDC children
February 20-25, 2006

Sign ups for other Military and DOD
February 27-March 3, 2006

A \$20.00 deposit each for week is required.



UPCOMING SPORT EVENTS



TEEBALL/BASEBALL
Registration is open
February 1-March 1, 2006

Cost: \$45.00

For more information, call 656-2127.



TENNIS LESSONS

*with Jimmie Brooks
Tuesday/Thursday
La Mesa Tennis Court
Ages 6-15 - 4:00-5:00 pm*



Open to military and DOD families. Minimum 4 students per class. Maximum 7 students per class.
Cost: \$72.00 per eight lessons

Private lessons are available by appointment.
Cost: \$35.00 per hour

Age groups, lesson days, and lesson times
are subject to change.

To register, call the Tech Connection at 656-2127.

***The Tech Connection/Teen & Youth and
Child Development Centers
will be closed Monday, 16 January 2006
in observance of
Martin Luther King Jr. Day
and Monday, 20 February 2006
in observance of President's Day.***



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

www.navyflyingclubs.com/monterey

MEMBERSHIP FEES

Monthly dues: \$25.00 Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club. Ground and Flight Instruction: \$25.00/hour.

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

MONTEREY SAILING

Breakwater Cove
32 Cannery Row Suite C.
Monterey, CA 93940
Tel: (831) 372-9463
Fax: (831) 372-9464

Monterey Sailing provides opportunities for learning to sail in a safe, professional environment and then to continue sailing without the responsibility and expense of owning a boat.

Discounted instruction and charter rates are for Naval Postgraduate School Sailing Association members, only.

AMERICAN SAILING ASSOCIATION CERTIFICATION

Basic Keelboat	\$300.00
Basic Coastal Cruising	\$350.00
Bare Boat Chartering	\$350.00
Coastal Navigation	\$600.00
Offshore Cruising	\$600.00
Note: Minimum of three students per class.	

BARE BOAT CHARTERS

Capri 14	\$20.00 /hour \$30.00/day
Prindle 16 Catamaran	\$20.00/ hour \$30.00/day
Santana 22, Capri 22, Ranger 23	\$15.00/ hour \$30.00/day
Buccaneer 30 (Hanalei)	\$25.00/hour \$40.00/day
Boston Whaler (13 Ft.)	\$20.00/hour \$70.00/day

MWR ADVISORY BOARD TO MEET WEDNESDAY 11 JANUARY 2006

The next MWR Advisory Board Meeting is set for Wednesday, 11 January 2006, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-2502.



MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

Monday - Thursday
7:30 am - 3:00 pm

Friday-Sunday
6:30 am - 3:00 pm

19th Hole Grill offers breakfast and lunch daily.

Wednesday Lunch Special
CHICKEN GUMBO WITH RICE
\$5.75

Come by for a treat from Jim Vose.

For more information, please call 656-2167.

Tournament dates available.
Military Tournament \$29.00/player.
Includes green fee, cart and prize fund.

GOLF SHOP SPECIALS



Purchase any two
Navy Collection articles
of clothing and receive \$15.00 off.

Purchase any piece of
Navy Collection clothing
and pay the twilight green-free rate.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

EARLY TWILIGHT SPECIALS

Monday-Thursday 1:00 pm twilight rates:

Military walking \$12.00
Military riding \$20.00 each player
Single rider \$22.00
Civilian walking \$17.00
Civilian riding \$24.00 each player
Single rider \$26.00

Monday-Sunday 3:00 pm super twilight rates:

Military walking \$10.00
Military riding \$17.00
Civilian walking \$12.00
Civilian riding \$20.00

For more details, call 656-2167.

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2502.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays

Hot Breakfast: 6:45 - 9:00 a.m. Weekdays

Lunch: 10:45 a.m. - 1:30 p.m. Weekdays

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours).

Hours of Operation:

Beverage Service: 4:00 - 10:30 p.m. Monday - Wednesday

3:00 - 10:30 p.m. Thursday & Friday

Dinner Service: 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170.

CAFÉ DEL MONTE - Located next to Knox Library. Open Monday-Thursday 6:30 a.m.-4:00 p.m.; Fridays 6:30 a.m. - 2:30 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400-1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB - (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 9 a.m. - 5:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
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Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil